

# **Restore Life with Nature**

Humankind Fundamental Teachings

part 3

Joachim M Werdin

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First edition, version 1.2.13; check for updates uploaded to Internet.

Published in June, 2020.

ISBN 978-83-940498-9-8

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# IMPORTANT

First, I suggest that you **read parts 1 and 2** of “Humankind Fundamental Teachings” (abbreviation: HFT1&2) with deep attention. Both books can be downloaded for free from Internet. Knowing all information from HFT1&2 is essential for understanding the content of this book. You will miss a lot if you do not know HFT1&2.

From now on, I assume that you already possess all information from part 1 and 2, so you are ready to understand the following material.

There are two kinds of information in this book, timeless and current. The timeless means that it was, is and will be valid as long as humans are on Earth. The current is related to circumstances in months or years close to 2020, this information may not be valid in far future.

I hope that, having read HFT1, you are aware of the huge difference between information, belief and knowledge. If you are not, I suggest that you stop reading here and go back to HFT1; otherwise there is a high probability that you will misunderstand what is written in this book.

Be aware that some information shared in this book is what I believe, not what I know. However, before I decide to share any information, I first research it deeply to find out the truth. Still, I suggest that you **do not blindly believe** anything which is written here. Whether you believe it or not, I insist and I beg you, do your own research to experience it for yourself and to build your knowledge, otherwise you will not know.

In order to avoid misunderstanding, remember my two definitions: **nature** [noun] – all original life on Earth which is all organisms in its primordial or later self-developed state; it is sometimes called

“paradise”.

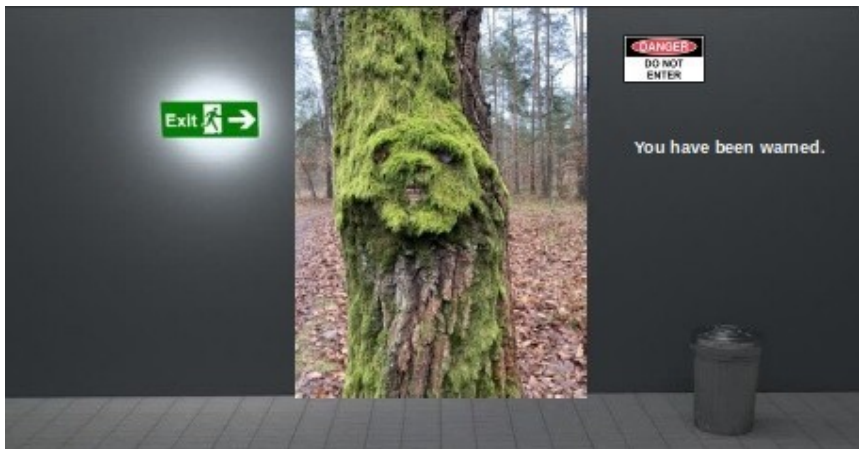
**natural** [adjective] – found in nature and never modified by man.

## WARNING

I **never** have any intention to offend any man by expressing my **private** opinions publicly in this book. My opinions are **not** directed to any particular man unless I call their name. What I wrote here, it is not personally about you or directed to you. By sharing information in this book, I would like people to hear what I feel, believe and perceive.

On the other hand, if you have strong beliefs, especially if you follow a religion or so-called official mass-media, you may become unhappy or even angry when reading this book. The same can happen if you belief in widely popularized scientific information. If you do, you may consider not to read this book and leave it now.

However, if you risk to continue, be prepared for some shocking information, some content that may make you feel hurt or offended. If you feel so, that will be your own fault. **You have been warned.**



# FROM PARADISE TO HELL

Paradise is a place of pristine abundant living in felicity. Nature has many paradises for man. When people appeared on Earth, they were living in paradise, so that they could experience the most supportive living conditions. People were enjoying their life in paradise, they were happy because they had everything that they ever needed.

While those people were living in accordance with life supporting principles, which is the law of nature, their place maintained all the characteristic features of paradise. People did not go to a job, they were healthy and food was plenty over there. Telepathy was naturally used as the communication method, so they did not talk much. Their mutual communication with the animals, plants and minerals was also perfect.

At some point, people started to err about the law of nature, in other words, they sinned against it. Nature does not punish any being but it never changes its law, which implies that it does not know mercy. Therefore when people sinned against nature, they automatically created the cause of their suffering.

The more those people erred about the law of nature, the less their living place maintained the characteristic features of paradise. While such erroneous behavior was spreading, the paradise supportive living conditions gradually diminished; this made people experience more and more suffering.

People continued sinning against nature. They built places of artificial living called cities, and facilities for technology development called factories. Although people suffered more, they believed that “economic development” can make them suffer less and “development of technology” allows them to live better. This kind of thinking made

people move farther away from nature; even worse, later they completely destroyed their paradise.

The new place of living which people have created, is called hell. “Hell” is an artificial environment where people in fear struggle with survival, so it is the opposite of “paradise”. The origin of hell is in the mind and it begins with the loss of connection to and understanding of nature.

While people were changing their living environment from paradise to hell, they also were gradually losing their mind abilities, also called “mind powers”. The tools, machines, advanced electronics and artificial intelligence, which people were gradually building, more and more impaired the mind powers and health, making people less conscious and self-aware.

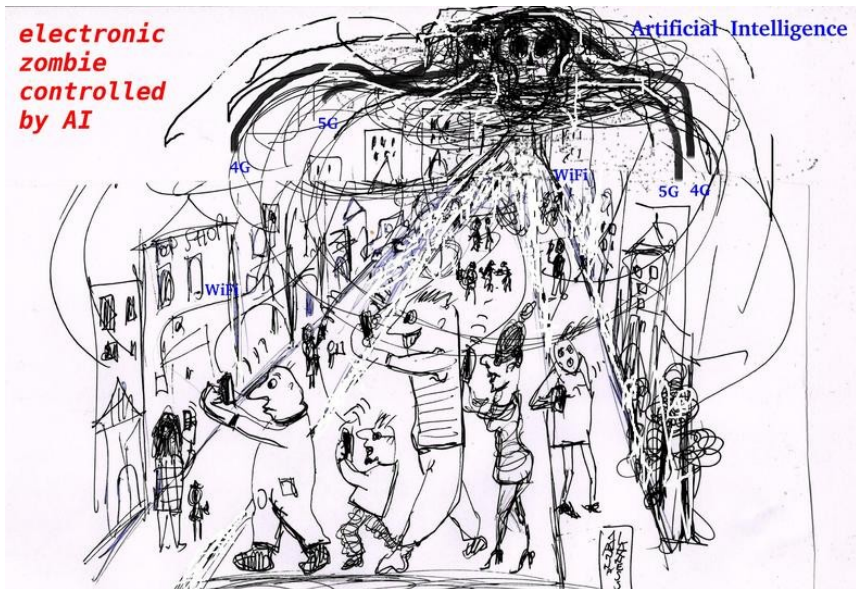
The development of technology and economy, which is commonly understood as the development of civilization, made people to think and and behave like machines. Finally, artificial intelligence annihilated people and shortly later it completely destroyed itself due to an error.

## **PRESENT CIVILIZATION**

The above story, which I wrote from my memory, describes a very short history of a typical human civilization on Earth. There were many civilizations on this planet; some of them spread on the entire Earth, other concentrated in some areas only. They followed the way described above, from paradise through hell to self-destruction. Remaining artifacts of those civilizations can be found in many places on Earth.

The present human civilization is following the same way again. People already have built hell and are suffering a lot. Their health is severely

degenerated, life span is shortened to a fraction of the original one thousand years. People lost most of their original mind powers, so now it is difficult for them to understand basic behavior of living consciously. Their telepathy is also gone, so they use phones which are primitive, harmful communication devices. They become significantly less self-aware and presently they mostly rely on electricity powered devices. Electromagnetic fields are destroying biological life. People forgot their origin and they no longer are capable of surviving in nature.



Masses of those deeply degenerated people are easily manipulated by some sinister individuals. Those individuals bring more suffering upon the masses by making them even more enslaved, ill and dumb.

There are still conscious individuals who strive to wake up the others and make people defend themselves against the destruction, slavery and manipulation. However there is a small hope for them. This civilization is on the way to self-destruction, as the other ones before. Only a

miracle or something extraordinary, that never happened before, would stop this process of human life destruction.

## **NATURAL DISASTERS**

I wrote above that nature never changes its law and it does not punish any being but it also does not know mercy. According to the universal principle of cause and effect, when people break the law of nature, whether consciously or not, they bring suffering upon themselves.

Natural disasters can occur in any place, also where people live. If people suffered in places of natural disasters, it does not mean that nature punished them. People weakened their telepathy so much that they could no longer communicate with nature, so they could not sense the coming disaster. That is why they had chosen wrong place of living and could not foresee or avoid the disasters.

To avoid natural disasters and all possible dangers of living in nature, you must know the law of nature and live in accordance with it. Nature teaches you its law but you must be able to fully use telepathy, the universal communication method among all beings, to understand it.

## **CHOOSE YOUR PLACE**

Be aware that nature is perfect. The word “perfect” implies that it cannot be improved, it cannot be made better. Nature is the strongest organism on Earth. Humans come, destroy nature and disappear, nature restores itself and forever remains.

If you are still self-aware enough, you can choose whether to live in paradise or in hell or somewhere between. Nature does not care what place you choose because it does not judge, it gives you all freedom you



need. Your choices will define most of your life, mainly it will be about how much suffering, joy and happiness you will experience.

Let me tell you frankly, if you live in hell and you believe that you cannot move to paradise, you probably already have lost much of your mind powers and courage, therefore your self-awareness has decreased severely and you follow belief and fear.

If you live in a big, crowded city, feel deeply within yourself what keeps you there. Unless, you consciously choose hell. ☺



Whenever nature needs to heal herself, she will do it regardless of where you live or what you do. If you happen to be there, you will suffer.

Do you get the point?

# LAW OF NATURE

You can discover the rules of the law of nature while studying physics but that would make you drowned in innumerable details. Another way is to learn directly from nature, the best teacher on Earth who teaches only the truth because it has no belief. While learning from nature, you experience every lesson, so you really build your knowledge and can remember it well.

Here are some major rules which constitute the law of nature.

## PERPETUAL CHANGE

Everything in nature is changing and nothing remains the same. The speed of the changing process can be from extremely slow to enormously quick, and the period of the change can last from almost an instant to eons.

We may not notice some changes because they are occurring too slow or last too long compared to our observation time. For example, man can live on a mountain for a hundred years and perceive that it remains unchanged. However, the same man can easily notice that plants, animals and people grow and age, or that weather is unpredictable, or that the river bank is eroding.



Many changes are periodical. They may be visualized like sinusoidal or more sophisticated waves, but generally if a move of a periodical change gets to an extreme, it will definitely go the opposite way. Therefore what has fully expanded, will condense; what has reached the

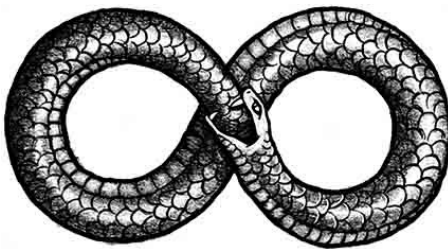
maximum of its development, will degenerate; what become brightest or hottest, will dim or cool; those who have achieved maximum strength, will weaken, etc.

Non-periodical changes make one shape or matter transform to another; for example, a baby grows to full strength body, then ages and degenerates to death, then the corpse is transformed to soil.

Knowledge and ability to foresee changes in nature allows you to create circumstances which you wish to experience. For example, if you are looking for a place to build your house, you can consider how all possible changes will influence your living conditions over there.

## MOVEMENT

The main trait of Life is movement which is continuously present in all organism. In fact, it can be said that Life is movement because if something is dead, it does not move by itself. When a living organism completely stops moving, this means that it died.



*The ancient symbol of eternal movement.*

The movement, which is a trait of Life, does not have to be perceivable. Some organisms can move so fast or so slow that the human senses may not be able to notice the movements. Natural crystals seem to be dead but when we

look inside their molecular structure, we can see that there is a lot of energetic movement. In fact, not only crystals are alive, all atoms and

subatomic particle also live. Life is present everywhere.

You may ask: In nature, what is alive and what is not? That is usually ascertained by looking at the body of a plant, animal or man. When it is moving by itself (growing, walking, changing shape), it is alive.

## **THE STRONGER ONE REIGNS**

This is one of universal principles which states that the stronger organism wins and then reigns. The weaker one has to surrender under the reign of the stronger one or leave. They may choose to fight, but if the fight is lost, the weaker one may be enslaved or killed.

To be stronger is not only about winning by use of physical force, it can also mean to win by being faster, deceptive, cunning, smarter, richer, superior in number, etc. Different methods to win in order to reign are used not only in nature. They are widely used also in human societies, especially by politicians, mass-media, advertising, religions, sellers, teachers, experts and other manipulators. However, in nature usually the physical features of a being decides about winning.

Be aware, that you must be strong and resistant in nature, physically and psychically because weak people have little chance of surviving. If you are weak, fearful, too sensitive, you may experience that living in nature makes you suffer too much. Unless others will always take sufficient care of you, be prepared that survival in nature may not be easy, especially at the beginning.

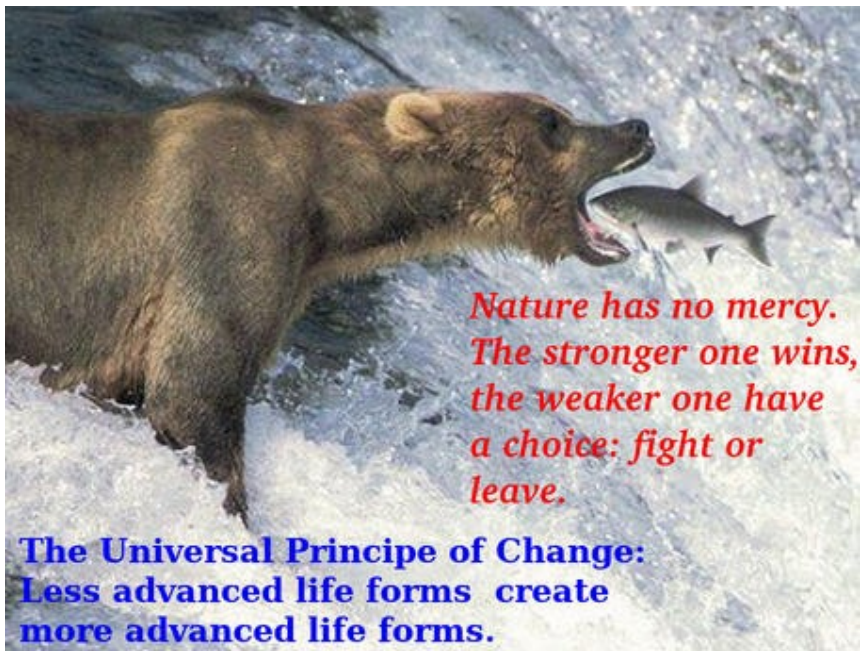
## **NO MERCY**

Nature has no mercy, this means that the beings living naturally in nature strictly follow its rules. For example, if a lion is hungry and there

is a gazelle walking a few meters away, the lion will definitely kill the weaker animal.

The predator will not contemplate whether the prey is a poor mother struggling to feed their babies, or whether killing is bad, or whether karma will be back, or ... the predator will unhesitatingly catch and eat the prey alive, without feeling sorry or guilty. No mercy.

The same will happen in case of any other hungry predator which is an organism that primarily obtains food by killing and consuming of other organisms. This is how nature sustains its life. This mechanism functions perfectly.



Some people, based on their beliefs, judge this rule of nature to be cruel. Obviously, they create their own problem because they do not

understand nature which is perfect. Their judgment comes out of belief which proves their lack of basic knowledge and understanding of nature.

You can find out that the “no mercy” principle of nature also happens during natural disasters. Many innocent, good heart people suffer immensely. They complain to their god, asking why they were punished. Well, obviously, they have forgotten one of rules of nature.

You can think that it was an accident, karma, sin, punishment from god or anything else. The cold and simple fact is that nature does not brake its own law. Regardless of your belief, opinion or judgment, the “no mercy” is neither bad or good. It is just a rule to be followed by every being who wants to live in accordance with the law of nature.

## **RESTORE THE ORIGINAL**

Nature has its own immune system and cure ability which repair its wounds and protect it against damages. If a damage is done to any element, nature will cure it. This functions can be compared to immune system and self-cure function of the human body.

Since nature is the strongest organism on Earth, it has enough power to remove anything which is not compatible with nature. For example, if genes of a plant were modified, nature will delete the modification, it will restore the original programming of the plant. In other words, any GMO will be treated as a virus which has to be deleted.

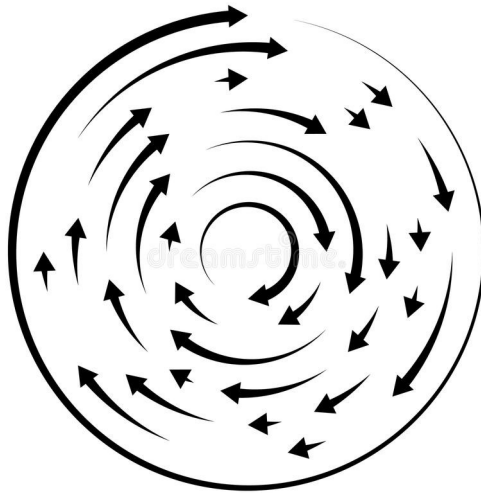
Any artificial change made on organisms of nature, will be reversed and the organism will be restored to the original, natural state or it will be annihilated. Nature is perfect, any genetic modification degenerates it, therefore it has to be removed and the perfection has to be restored.

## CYCLES

Life manifestations go in circles. Giving birth creates new life of a being. The new life will develop but eventually it will end in death. The death supports giving new birth. This is the basic circle supporting life of beings in nature.

Nature lives as long as balance is maintained in this cycle.

More detailed explanation is in HFT1. Do you remember the snake eating its own tail?



The cycles of nature are supported by the rule of movement described earlier. There are many cycles in nature; the most widely known are, for example: day and night, four seasons of the year, the tides, the circadian rhythm.

## NO WASTE

Have you noticed that nature does not produce any waste? Zero, nil because everything is moving and thus is reused in cycles – all works as a perfect mechanism. This is important to remember, if you want to follow the rules of nature, your life style may not produce any thing which will remain unused and pollute the environment. Producing any waste means breaking a the law of nature.

## NO BELIEF



*I am free of any belief, therefore I always strictly follow the law of nature.*

HFT1 explains that a belief is simply a lack of knowledge and it is created in intellect of man. Nature has no belief, so it functions exactly as it was programmed. Thanks to “no belief” rule, man can learn truth directly from nature. This is why nature is the best teacher on Earth and teaches you only the truth.



## NO JUDGMENT

Judgment is based solely on belief; since nature has no belief, it never judges any thing or any being. People have beliefs and therefore they create many judgments. Judgment is always wrong and blocks people from perceiving the truth.

## CAUSE AND EFFECT

The principle of cause producing effect, or in other terms, action and reaction, is one of the most basic function of this universe, so, obviously, nature also manifests it.



When you can foresee the effect of your thoughts, words and actions, then you can create your experiences in life more consciously.

# LOST CONNECTION

People who live in cities have lost the connection with nature. When those people go to the real nature, they feel lost. They watch but do not see, listen but do not hear, and the other senses also are not efficient enough.

Once, in Amazon jungle, we were walking with an aborigine who guided us at night. He insisted that we do not use electric torch because its light disturbed his vision. He said “You city people are so primitive. You even cannot see at night.” We had to keep very close to him because it was so dark that we hardly saw the path.

While he was walking in the front, he was warning us where to watch for branches, holes, big roots etc., so that we did not hurt ourselves on the path. He was walking as firmly as in the day.

He also told us that our senses, in general, are quite dimmed. For example, he could spot a snake in a grass from a dozen of meters, while we needed several seconds of watching the place that he pointed to us, before we could see the snake.

He also told me that animals of the same species can be recognized in the same way that we people recognize others, just by listening to the sound of their voice. He said, they hear the differences but the city people are almost deaf so they cannot recognize whether it is the same bird singing on the branch which was there before.

His senses worked at wider spectrum compared to ours, people who arrived from European cities. He could communicate with organisms in nature, so it was easy for him to find a specific plant or hunt an animal.

The aborigines in Amazon jungle rely on telepathy much more than we, “civilized people” do. Obviously, to communicate with nature sufficiently well, you must use telepathy, besides relying on your senses. “Otherwise you will not survive one night in the jungle, you will be eaten” – he was joking.

Really, spending a few days and nights in a jungle is a very valuable lesson. This may make you experience clearly how much people degenerated after they left the natural life in nature. You can also realize that there is only one way to really revitalize and regenerate your body and psyche. You shall go back to nature and learn living over there. That is how you can restore your lost connection.

## **IMAGINE A DISASTER**

If you live in a big, crowded city full of noise, jammed traffic, poisoned air and water, saturated by electromagnetic fields, etc., in other words, hell; why do not you leave it?

Life in such a place is so fragile. Can you imagine, what will happen if failure of electrical power occurs for longer time? There would be no light, no warmth or air-conditioning, no water, no transportation, no food, no working hospital, no electronic communication, ... these and other things sustaining life of people quickly disappear.

What happens next? Search examples in history, such situations happened many times. First of all, do not delude yourself that the government, police or army will save you. They quickly will give up helping others and then they will think about saving themselves only.

Without the social order, people become natural in their behavior. This means that they start to behave like predators who mainly think about

surviving. Therefore, they will plunder, rob and kill; within just a few days, they will start to eat each other.

Amid such disaster, physical strength and weapons will have the highest value. Wild and scared people will do everything in order to survive, no law or moral rules will stop them, they will have less and less mercy. Imagine, how you will survive in such circumstances.



The longer lasts the blackout, the fewer people survive. If the electric power failure lasts a few months, only a few people and some hungry rats will remain in the city, also wild animals will appear. The destruction made by the looting and fights will leave the city in disastrous unlivable condition.

That was about a long lasting power failure, but there are other possible disastrous situations. For example, do you remember the pandemic started from 2020 year? That disaster was not as serious as the one

described above, however, many people suffered although they were not infected by the virus. I believe that you remember the lock-downs and the enormous damaged that they caused, numerous cases of sufferings and deaths. Were you well prepared before it occurred? Would you have prepared yourself better if you knew long in advance?

Now, if you are still imagining these or other city disasters, do not ask yourself whether they will occur, because the probability is close to the certainty. I suggest that you rather answer these questions: When? Am I prepared? Do I know what to do now and later when it happens? How will I and my loved ones survive?

Let me make myself clear. I do not intend to scare you; **no**, not at all. For this reason I am not going to describe many other possible disasters which can really happen. You can use your memory and imagination, if you want to ponder this topic.

I just shared my memories with you, to let you know what might happen. I like to make people aware when I suppose that they may have never imagined some probable scenarios which can dramatically impact their life. I just hope that once they are informed, they may think how to protect themselves. They are free to make their own conscious choice.

I often remind people living in hell, that they have a choice, they can go back to paradise. When they leave the city, move closer to nature and connect with it better, they may benefit beyond their expectations. I also advice people by saying: “Make yourself self-sufficient, especially with food, cure and shelter. This can be done in nature, it is almost impossible in the city.”

To deeper understand what I mean, I suggest that you read what I wrote about nature in HFT1&2.

# RETURNING TO NATURE

Nature is the original environment of man who is an inseparable part of it. Man is fully supported in this natural environment because everything needed for their living is found there. When you know how to live naturally, you find everything for constructing your living space, for nourishing, curing and sustaining your family in nature.

Man born and brought up in a city, who never lived naturally, has lost the basic skills for living in nature. If such an inhabitant of a city is placed in nature, they will not survive long, some will not survive even one night, assuming that they had no experience about living in the wild.

On the other hand, nature is the source of life for the human body. The instinct programming and the resources providing energy and food, come from nature. Therefore, the further man separates themselves from nature, the more degenerates their body and psyche. They also suffer more diseases and their aging process accelerates. All of these causes earlier death.

Your body is an inseparable part of nature, therefore returning to nature is the only efficient solution to properly and holistically develop and sustain healthy life.

This is why I suggest you to think about moving back to nature. Invest your money to build a new household over there and live in accordance with law of nature. Build your self-sufficient living environment now, when you still can, when it is not too late.

To safely and healthy live in nature and follow its law, man must connect with nature and communicate properly with it. This is necessary if you want to know where and how to build the new household.

In the following chapters, I will describe some exercises which may help you to connect better with nature, so that you will be able to communicate with places, plants and animals more efficiently.

I will share also about using natural remedies to revitalize and regenerate human body and psyche in nature.

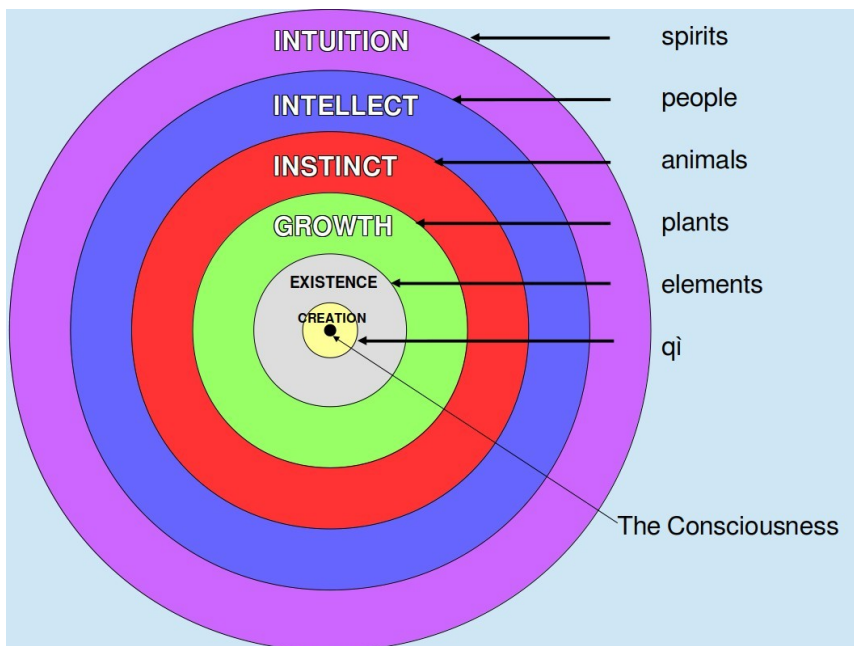
The exercises described in this book are practiced by participants of my seminars in nature.



# CONNECTING WITH NATURE

Nature has no mercy, so making mistakes causes troubles including death, in other words, nature can be dangerous. In order to avoid the troubles, you must understand the messages which the environment sends to you. I suggest, before you can live safely in nature, learn how to communicate with the elements of nature.

Learning to communicate with the earth, mountain, sea, river, lake, trees, animals, rocks, etc. enables you to understand these elements of nature. You need this skill if you decide to live in accordance with law of nature and thus thrive safely.





Look at this picture. You remember from HFT1 that it presents spheres of life on Earth. To be more precise, I added one more circle, “creation” which expands directly from The Consciousness.

According to this picture:

- intuition is used to communicate with spirits,
- intellect is used to communicate with people,
- instinct is used to communicate with animals,
- growth is used to communicate with plants,
- existence is used to communicate with elements (minerals).

I am referring to mutual communication which means that beings can mutually exchange messages and understand each other. However, the term “understand” is used here in much wider sense compared to what people usually mean when they connect by speaking and listening.

Of course, to mutually exchange messages and understand each other, people use also their instinct and intuition, besides intellect, although they may not be aware of that. While mutually communicating, people primarily use their intellect; this means that they think about what they hear, see and feel. This is why “people” points to “intellect” on the above picture.

There are two directions to exchange messages in communication between beings, perceiving and sending. While one being is sending a message, the other one can perceive it. For example, while your uncle is talking to you, he is sending messages; while you are listening to him, you are consciously perceiving messages. While he is silent, you do not perceive his sound messages.

I assume that you remember from HFT1 how people perceive messages. They know instantly, while using intuition; they think analytically, while using intellect; they feel by senses, while using instinct.

Man primarily uses their intellect to communicate with other people. How about communication with animals?

To perceive messages from animals, people can use their intellect and instinct. They can deal analytically with all the messages that animals are sending them. People can also stop thinking, become passive in order to feel messages that animals are sending them.

To send a message to an animal, man acts on animal instinct, not its intellect because animals stay focused in their instinct. For example, you would not tell the dog “Run to that tree, jump on it and come back to me.” Unless that animal has highly developed intellect, it will not understand your intellectual message. Instead of telling the animal what to do, you can take a rubber ring and throw so that it falls at the bottom of that tree. The dog will run, take the object and bring it back to you. Training of dog is not done not in a class room. Dogs are trained by making them to repeat simple tasks until they are done automatically.

I hope that you understand my explanation, what is the difference between sending a message to an animal by intellect or by instinct? When an animal sends you a message, you can use your instinct and intellect to understand it; but when you send a message to the animal, you need to activate its instinct.

I am explaining so much about sending and perceiving messages. I would like you to understand the essence of the above picture. This should help you to understand how to communicate with nature. The arrows relate the beings with the tools used for mutual communication; so, man → intellect, animal → instinct, and so on.

Man remains active primarily in their intellect to analyze information, therefore man uses thinking to deal with data coming to them from the senses. Therefore, what man sees, hears, smells, tastes, senses or feels

psychically is analyzed and interpreted in their intellect.

To understand messages from other people, is natural and easy for man. To understand messages from animals, is relatively difficult but it is possible after some training.

To understand messages from plants, is more difficult but it is also possible after further training.

Understanding messages from a mountain, earth, river, lake, ocean, rock, wind, and other elements of nature, is a puzzling task, but is still possible to develop this inborn ability.

Yes, you were born with the natural ability to understand messages from a mountain, earth, ocean, animal, tree, rock, wind or any other being in this universe. If you were living naturally in nature, this ability would have developed in you as well as other mind skills which you are using in your present life.

Nothing is entirely lost, your inborn abilities still can be developed by performing exercises designed for that purpose. To practice these exercises, you need to be in nature **without** any electronic devices.

## ABOUT EXERCISING

I am going to describe some of these exercises. There is one common important requirement, you must **focus in your instinct while your intellect is passive**. The more passive the intellect becomes and the deeper you can focus in your instinct, the better will be the results.

Look at the above picture showing the spheres of life on Earth, once again. You see that a plant is deeper within the spheres. If you want to perceive messages from a plant, you also have to go deeper within your instinct, compared to receiving messages from an animal.

“Go deeper” basically means more relaxed body and more passive intellect. The deeper you go, the more connected to nature you become.

Some of the following exercises may seem strange to you. Sure, when you look at people who perform them, you may be scared by believing that they are mentally ill and dangerous individuals. Unless you know what they are practicing.

Then you know that they need to pave a way to do two things:

- release the intellect from controlling them along their belief, judgment and programmed behavior;
- allow their instinct to freely manifest its hidden or suppressed abilities.

This is why while the exercising people manifest some crazy behavior which they do not do in a society, unless they are really crazy.

I have designed these exercises to help you to break some psychic barriers and thus efficiently bring to you what you need in your practice to connecting with nature.

Since everybody is different, it may not fully suit your practice when you follow exactly the description, so you might need some individual adjustment. You may consider joining one of my seminars in nature, especially if you encounter difficulties amid practicing.

Generally, I suggest that you practice these exercises with a specialist. Unexpected things happen, sometimes dangerous, sometimes you may lose your self-control. It is a good idea to have an experienced teacher to watch you and help in case you need it.

## EXERCISES

Are you ready to practice?

From now on, I assume that you are in nature. Find a safe place there and make sure that nobody can see or hear you. Be it far from any city, far from the civilization and without any electric device. Do not use any plastic, silicon or any other object made from non-natural materials.

Take off your cloths and stay there naked all time or at least when you exercise, if it is possible. Nature does not know cloths, they isolate you from the nature elements, thus your body cannot feel them freely. If you really cannot be naked, use your comfortable swimming suit which must be made from natural materials.

## UNION WITH A PLACE

First, I suggest, read “full body relaxation” exercise in HFT1, if you do not practice it regularly. You need to learn how to relax deeply. This deep relaxation will be necessary in many exercises.

Union with the place is the simplest exercise because you have to do ... nothing. Exactly, the less you do, the better will be the result. “Nothing” relates also to thinking and to perceiving data from your senses.

Sit or lie down in a comfortable posture on the soil, grass, sand or rock. Make sure that nothing pinches or presses your body, so that your attention is not disturbed. Feel fully comfortable while sitting or lying there.

Release the tension of all the muscles. You can start from the top of your head; focus there for a while and release any tension. Relax all the face and jaw muscles. Next relax your entire neck. Continue with your

shoulders, relax them deeply. Go farther down, consequently muscle by muscle, to relax them. Continue this procedure until your toes. Then do the same, starting from the toes, consequently muscle by muscle, until your head. Make sure that your entire body is deeply relaxed.

Next. Relax your psyche, this means, remove attention from your senses and make your intellect passive, so that there is no thinking. If any thought appears, just detach from and ignore it.

While in this deeply physical and psychical relaxed state, focus effortlessly, without any pressure, on how you feel. You are united with nature in this deeply relaxed state, this makes your body to react differently. Feel without any thinking because thoughts disturb your passiveness. Stay open to whatever feeling comes to you from nature.



The more passive is your intellect and the more detached your attention is from the senses, the easier and deeper you can feel something unusual and indescribable from nature. You could feel that you are touching the spirit of nature in that place.

Remain in this fully relaxed state and immerse yourself deeper into feeling the spirit of nature. While this union between you and nature continues, you can suddenly discover that you understand messages being sent to you from that place.

Continue this exercise until it naturally ends. You do not need to think about how long to perform it, forget about time. Stay deeply relaxed, united with nature until this state fades out naturally. It may take only one minute or it may last for several hours. Your body is a part of nature, let them be united as long as they enjoy it. Be only a passive observer.

You can use this exercise to learn about the place where you stay. While you remain in this deep relaxed state, you shall be able to perceive messages from nature. These messages are not written, they are to be received telepathically so that you can learn things which are not visible.

## **SINKING IN A ROCK**

The goal of this exercise is to connect to nature of a place by perceiving messages from a rock. Rocks are heavy, big solid bodies well united with the earth, this is why they are effective transmitters of messages of the place.

Find relatively big rock or stone, much bigger than your body, with relatively flat surface. Lie on its surface and make yourself comfortable. Lie on your abdomen. Open your mouth and rest your teeth on the rock. This may feel not comfortable when you try for the first time. Make your head stable by supporting it with your hands.

Close your eyes and relax the entire body. Feel the stone deeper and deeper, so that you can unite with it. Breathe in through the nose. Then, while exhaling through your mouth, emit a low frequency, deep sound

from within your belly. Inhale through your nose and again emit the deep sound through the mouth. Repeat this several times. While doing this, feel that your entire body is in union with the rock.



After several sound exhales, close your mouth, turn your head and rest it on the rock, on the right or left ear. Support your head with the hands if this feels more comfortable.

Now, listen to the rock. There is a sound emanating from the rock. This sound is the answer that the rock is messaging back to you, after you emanated a sound with your teeth resting on the rock. Listen, it comes from the deepness of the rock or from the earth below it.

Do not worry if your ear does not perceive any sound. Be patient because you are learning and restoring your skill to communicate with the earth through rocks, so continue practicing.

Probably, the first sound your ear will perceive is your heart beat reflected from the rock. Continue listening but stay relaxed and do not



engage in thinking, do not imagine any sound, do not compel yourself to hear it.

While listening to the rock, you must be sufficiently relaxed. If you do, you shall feel that you are sinking into the rock. Relax more and feel that the rock is opening the dark deepness of itself for you, then allow yourself to sink into it.

Sink deeper and deeper into the rock. You need to be fully relaxed, with passive intellect (no thinking) and allow this to happen. If you resist or if you imagine something, the sinking into the rock may not work.

Sooner or latter you will feel that you are sinking into the rock. Then you shall perceive messages from nature of that place. Of course, as in the previous exercise, these messages come because you have telepathic connection to the rock. You can have visions, hear sounds or sudden thoughts can appear. Stay fully relaxed and allow this to happen until it ends without your intervention.

Some rocks are more suitable than others to do this exercise. I call them “talkative”, because you can quickly connect to them and feel as if you were with a talkative friend. There are also rocks, which do not want to connect with you. Just leave them and find another one.

Be aware that if a rock is inhabited by an invisible being, it may be that being connecting to you, not the rock. Leave that rock, it is not suitable for connecting to nature of that place. Besides that, you may get in trouble with the invisible being.

Be safe when you choose the rock. Many people fall asleep while performing this exercise. Make sure that you will not fall off the rock or hurt yourself when you are moving while sleeping there.

## **SINKING IN THE EARTH**

This exercise is very similar to “sinking in a rock” described just now. The procedure is the same. The difference is that you are connecting to Earth directly because you lie down on it. Instead of sinking in a rock, you sink into earth.

Instead of looking for a rock, you search the most suitable ground for the exercise. Use your feeling to find the right spot. It could be soil in a forest, grass or moss in a field, sand on a beach, or other natural surface on earth.

I suggest that you practice this on a beach at a lake or sea. In this case, there are two places worth trying. One is a spot on the dry sand, rather far from the water. The other is on the wet sand, closer to water, where the waves will reach your body but will not disturb your face. In this case water should not be cold because you need to feel comfortable.

Be careful so that while performing this exercise, you do not allow sand to fall in your eyes or nose. A place with too strong wind or too much sunshine may not be suitable.

Try this exercise when it is raining but not during thunderstorm, be safe.

## **BURIED IN SAND**

You probably have seen children burying their parent with sand on a beach. This play can be turned to a nice exercise. It does not have to be on the beach, it can be in any place where you can cover your entire body with sand, while you are lying, except your head.

If you ask somebody to help you, make sure that you will be able to free yourself easily when you finish the exercise. You should lie on your

back and the head should be higher than the torso. Do not put too much sand on your chest, so that you can breathe easily. Be careful not to throw sand in your eyes, mouth or ears.



While buried in the sand, relax your body and psyche. Imagine and feel that your body and the sand became united, so they are one living organism now, like one body. You and the planet are one body.

Since your body is one with Earth now, you can sense the planet, especially the earth in your area. Feel, do not think, do not imagine, just feel, feel whether there is a message for you. You can allow yourself to fall asleep, then you may receive messages in the dream.

## **CLOSED UNDERGROUND**

Dig sufficiently deep and large hole in the earth, so that you can sit in it comfortably with your head just under the ground level. Choose a place

where the ground is not loose; for example a beach sand would not be suitable but near a forest with harder and more humid earth may be sufficiently stable to dig a round hole in it.

Sit comfortably in the hole. You can support your back on the wall. You may need an assistant to help you to cover the hole with branches. Then moss or leaves should be placed on the branches so that no light can enter the hole, but not too much because you need to breathe freely. This is very important, so I repeat. No light but enough air to breathe must be in the hole; in other words, the hole must be dark but airy. You might need to use a tube, to introduce air from outside to the bottom of the hole.

While sitting comfortably in the hole, relax your body and psyche. Imagine and feel that you are in the womb of Mother Earth. Feel her warmth and hear her heart beating. Can you also feel how she Loves you? Allow these kind of imagination and feelings develop in you.

You can ask Mother Earth questions, for example: “Mother, what is your message for me?” Do not try to imagine what the answer may be; instead, deepen your psyche relaxation. This may evoke unanticipated emotions, memories or visions in your mind. Let them develop, do not hold or stop them, you may need to deeply experience them because this is how Mother Earth is communicating with you. You remember that Earth uses telepathy, so it communicates with man through instinct.

When you finish your exercise, ask your assistant to slowly uncover the hole. Keep your eyes closed until they finish. Imagine that you are being born by slowly moving out from Mother Earth womb; do it slowly and with full self-awareness. Slowly open your eyes, let them adjust to light. Then slowly stand up and admire the new world around you. How does it feel to be reborn with messages from Mother Earth.

## CONNECTING WITH A TREE

Trees, especially when forming a forest, are essential elements supporting life of many beings in nature. Since forests can serve as reserve of variety of food and building materials, they also provide ideal places for establishing home for people.

Not all trees support human life, therefore you may need to connect to trees in the area where you intend to found your home or just spend your vacation. When you connect with trees, you will be able to get their messages and thus learn how favorable they.

This exercise is easier to do with an old and big tree. Make sure that you choose a living and healthy tree, because they can give you the best support. Examine the tree before touching it.

Some trees are inhabited by spirits who may use them as their homes or source of energy (immaterial food). When you sense that there is a spirit in/around the tree, leave it and look for another, free tree to connect with. You may notice the presence of a spirit while approaching a tree or while connecting with it.

Once you have found a suitable tree, start the exercise. First, stand close to the trunk and face it. Close your eyes, relax your body and psyche. Feel whether this tree is friendly to you or if there is any spirit living in it. Do not imagine that, just stand there with passive intellect and open to receiving messages. Feel whether you can sense anything unpleasant or pushing you away from there. If yes, leave it, go to another tree and repeat the same procedure. Once you are certain that the tree is inviting you, continue the connection exercise.

Slowly approach the tree, put your palms on it, move them around to embrace the trunk. Lean your entire body, from the feet till the face, on the trunk, but do not force this position, because you need to be

comfortable while embracing the trunk.

While comfortably leaning on the tree and embracing it, put your nose and forehead on the trunk. Close your eyes, relax your body and psyche. Feel that the tree is living. Can you sense its breathing and movements?



While still supporting your forehead and nose on the tree, emit a sound from your belly, several times. This deep sound is your song of Love for the tree.

Then turn your head and put your ear on the trunk. Listen to the tree, it is answering you. Do not imagine anything or compel to hear the tree, just stay passive in your intellect. The more passive you can be, the sooner and clearer the answer will be perceivable to you.

While staying open to connecting with the tree, you can have a vision or hear sounds or you can feel something, for example an unexpected change in your mood, joy or Love. Let it happen, whatever comes to you, stay relaxed in the communion with the tree.

While connecting with trees, I found out that they like to communicate with people. I feel that they are quite talkative. Once I connect with a tree, our communication last as long as I am there. The tree will not withdraw from the connection until I decide to.

You never know what messages you are going to receive from the tree, so stay open and do not rush or push. Continue your connection with the tree until you feel enough or you sense that the tree has ended it. Sometimes the first connection is not successful; do not give up, you can do it again with the same tree, or go to find other one.

According to my experience, trees are very pleasant teachers. They can give you messages related to the soil, food, cure and the nearest environment. Feel, what they communicate to you, because they use telepathy.

## CONNECTING WITH A ROCK

This exercise can be performed in places where rocks form walls, sometimes they are high and difficult to climb. It may be a cliff or mountain which rises steeply.

Stand close enough so that you touch the wall of the rock with your body. Put your forehead and nose on the rocky wall. It makes much better connection if you open your mouth and support your front teeth on the rock.

Then, as in the previous exercises, emit a sound from within your belly. This is your Love song for Mother Earth. After a few times, turn your head and touch the wall with your ear closely. Close your eyes, relax your body and psyche, listen to the rock. Listen and feel whether there is any message.



Proceed as in the previous exercises because the procedure is very similar. Keep your intellect passive because thinking will disturb the messages from the rock.

## SEE HIDDEN IMAGES

In this exercise, you develop your inner vision in order to see messages formed as hidden images drawn by nature. You can see these images when you are looking at a mountain, vast land, forest, hills, desert, shore or any other place of nature. Different images will appear depending on the distance between the observer and the watched object. It may be easier if you start with a vertical wall formed by rocks.

As always when communicating with nature, allow telepathy, which implies that your intellect must be passive. Do not insist on seeing any specific image. Just relax, stay passive and wait whether an image emerges on the watched object.



Let us take the following photo as an example. Stand or sit comfortably in front of that cliff and relax your body and psyche. Look at that rocky wall. Relax also your eyes, do not force them to see sharply. Keep watching one spot without moving your eye globes. Try not to blink, but do not force it, so that you do not lose your relaxed state.

In several seconds, you may notice that the watched image starts to change. It may appear as shapeless form or it may suddenly reveal a clear picture of something that you did not notice before.



Move your eye globes slightly, look sharply for a second or two and stop them again at the same spot. Let them relax and wait whether the same picture is revealed; it probably will.

Continue this procedure, look at other spots and also look at the entire object without focusing at any spot. How many pictures can you recognize? Do they reveal any story?

Some of this pictures may be created by your imaginative power but others may be what nature is really displaying for you to see.

When you sufficiently master this technique of seeing hidden images from nature, you may discover how interesting it is. Nature memorizes what is most important in that place. It may be a significant historical man made event or a natural disaster. Then you may see scenes which describe what happened.

In other places, nature will show you, for example, which animals are living in that area. If large deposits of natural resources are in that area, sensitive people will be able to see it in the hidden images drawn by nature.

Using this method, you can recognize how suitable is a place for human settlement or any other purpose that you plan to realize over there.

Be aware that instead of real hidden images of nature, you may see illusions created by your imaginative skill. When you begin learning this technique, it is normal to see both the real images and illusions.

Continue exercising in order to learn how to distinguish between them. Illusions tend to appear when you are impatient and kind of forcing your mind to display images. The more passive is your intellect, especially the imaginative power, the higher the chance to see real images and less probability for illusions.

## **SEEING SHAPES IN THE AIR**

Air is not homogeneous, it is a continuously moving mass which has structures similar to streams, rivers, vortexes, lakes and other within itself. What kind of structures and movements there are in the air and how they move, depends on the shape of land.

These moving structures are energetic in their nature, so they influence all objects that they meet on their way. This influence causes changes which may be beneficial or harmful. They may support or harm life of plants, animals and humans. Therefore, it is important to sense these air movements and their influence on beings, especially in places where you intend to dwell.

Here is a method, which you can use to sense the structural shapes and energy flow in air of different places.

Stand barefoot freely and relax your body. If you prefer, you can sit comfortable on a chair or the earth. Breathe freely and a little deeper, slower than usually. Close your eyes and make the intellect passive. Remain in this body and psyche relaxed state for a few minutes, let it deepen naturally.

While in this relaxed state, partially slowly open your eyes but do not force them to see clearly, let them remain relaxed. Look lazily forward, do not focus on any place and do not move your eyes. Remain like this to see if any shapes created by moving structures of air emerge, but do not imagine them or compel yourself to see anything.

You need to repeat this exercise in several places where you would like to dwell. In every place, look at a few different directions using the procedure described above.

While seeing shapes in the air, you may also feel something unusual, physically with your body or emotionally. Are these feelings light and pleasant or kind of heavy? Does the air feel as if it was inviting you to stay there or repelling you? Do you see and feel air or spirits?

The summary of all the observations and feelings will make you know about energetic influences found in that area.

# REGENERATING IN NATURE

The human body has unimaginable self-regenerating capability but it needs energy to perform the self-reparations. By providing your body with life energy directly from nature, you revitalize it and thus initiate body and psyche regenerative process.

The human body is an inseparable part of nature. It is build from elements of nature. When the functions of the human body are distorted by artificial environment, the programming of instinct may be affected; this creates diseases. These diseases can be removed when the programming is restored, then the body health is regenerated.

Nature, as the strongest organism on Earth, is the major source of life for the human body. The farther man has moved from nature, the less life energy can absorb their body. Obviously, the amount of life energy which the body can utilize, determines its health and lifespan.

In simple words:

- less life energy = the body is weaker, more prone to illness, has shorter lifespan;
- more life energy = the body is stronger, more resistant against illness, has longer lifespan.

Since nature is the strongest organism on Earth and it restores the proper programming of the human body, nature is the most natural place for people to dwell. If you live far from nature, you need to return to it, to revitalize your body and psyche.

When you come to nature, it immediately provides you with life energy and starts to restore the programming of your instinct. You do not need to ask for that, you even do not need to be aware that this process is occurring.

This is very similar to what happens when a baby finds their mother and lies on her belly to rest and regenerate. Naturally, the baby does not need to ask her because the mother happily takes care of her beloved baby without being encouraged to do that.

Just staying in nature, especially sleeping in the forest, regenerates you in natural way. Therefore when you go there, you do not have to perform anything special. However, if you want to benefit much more, especially if you want to accelerate the reviving and regenerating, you can perform some exercises.

The following exercises are designed to help you to regenerate your body and psyche efficiently. While you are restoring the programming of your instinct, you are also curing yourself. Therefore the following exercises revitalize and regenerate you, and restore perfect health.

# DRAWING LIFE ENERGY

This picture lists nature elements from which you can draw their life energy directly into yourself.

## NATURE'S ELEMENTS PROVIDING LIFE ENERGY FOR MAN

1. earth
2. tree
3. plant
4. rock
5. wind
6. rain
7. Sun
8. ocean
9. river
10. lake
11. animal
12. Moon



You could imagine that energy of these twelve sources is like twelve different types of food. Your body may need one type of food at specific time, while other types may not be beneficial. Therefore, feel which one your body needs before you decide to draw and absorb it from any of these sources.

To fully benefit from this exercises, take off all your clothes before you start practicing, be naked as nature has created you. In this most natural way, your skin can interact directly with the sunlight, wind, water, soil, etc. If you must wear clothes, make sure that they are not made of

plastic or any other artificial substance. Also, your clothes should be very comfortable, maybe little loose, so that they do not disturb your skin.

## EARTH

Lie down on your belly, on the earth, whether it is sand on a beach, soil in a forest, grass in a field or even small stones Put your head on the earth and use your hands to support it, if this feels easier; if not, extend your hands freely. Keep your legs naturally straight with the feet separated.

Relax your entire body from the head till the toes. Let your emotions and thoughts go freely away. Focus on perceiving the earth as a living organism. Feel how energy of the earth is pulsating and is available for you to absorb it.



Now, imagine that your body absorbs life energy of the earth. Only the front part of your body, which faces the earth, absorbs energy. You can imagine that this part of the body surface functions as if it was a vacuum cleaner. It may be easier for you to imagine that you suck energy from the earth while you inhale.

Inhale, suck or just absorb energy of the earth, drawing it from this living organism into your body. Feel that with every intake of energy your body is energized more and more. Continue until you are satiated which means that your body is full of energy.

You can also do this exercise while lying on your back. Use the same procedure. You can first practice while lying on your belly, then turn your body and continue while lying on your back. Practice both ways and then choose what makes you more energized.

## TREE

Find a big and healthy tree. Embrace it the same way that is described earlier in “connecting with a tree” chapter. Feel whether this tree is favorable for you and no spirit dwells in it. If you feel that something is wrong, leave it and find a tree which you feel as a friend.

While embracing the tree, imagine that your body sucks or inhales its life energy. Many people find it easier to imagine that with every inhale, their body sucks energy like a vacuum. You can also imagine that your body breathes in the energy from the tree.

Continue as long as you feel that the tree is voluntarily giving you its energy or until you feel full. It can happen at any moment that you suddenly feel something is wrong or the tree resists giving. Stop absorbing energy from the tree even if it is only a very slight feeling.

Tree is like a mother and you are like her baby. If the tree is not occupied by other being, it will feed you with Love, when you need it.



## PLANT

You can absorb plant energy using your hands. Bring your palms close to the living object or hold it between your palms. Usually, this technique is used to absorb energy from a fruit, flower or leaf.

Relax your body and psyche. Bring your palms close to the living object and feel the connection with it. Your palms may give you a sensation as if there was subtle electric emanation from the object.

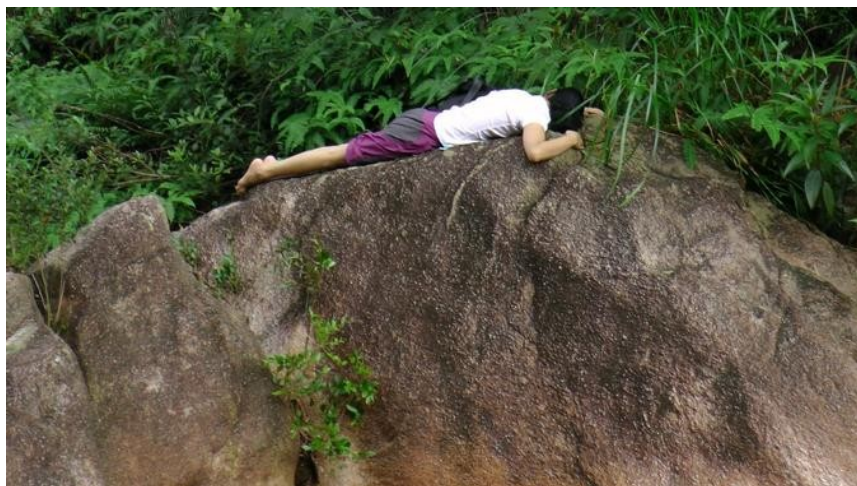
Next, imagine that your palms can pull or suck, as if they were a magnet or vacuum cleaner. Imagine that life energy flows from the living object to your palms, thus energizing the body. Continue until you feel satiated or the living object is depleted of life energy.

This technique of drawing life energy from a living object is used for eating immaterial food. When you master this technique, your body may require less physical food.

## ROCK

A rock or big stone, if it is not occupied by a spirit, may be a very suitable place for charging your body with energy that helps you to ground yourself. People whose character has fire or wind features, benefit from absorbing rock energy because they can better cool down and relax.

Lie down and relax as described in “sinking in a rock” exercise. As I described in the above exercises, imagine that your body breaths in the life energy of the rock, or that your body can function similar to a vacuum cleaner and it can suck the rock energy.



The bigger is the rock, the more powerful is its energy. To feel the difference, do this exercise with rocks of different sizes and also in different places. You may find out that big stones, rocks in river are quite different compared to rocks in a forest or in a mountain area.

## WIND

Wind carries great amount of life energy, so it feel like refreshing and flying. When you feel that you need to be recharged with this kind of energy, allow wind to act on your entire body. Wind energy is usually very beneficial for people having the earth and water features in their character, in other words, people slow in their actions and deeply grounded.

Stand freely facing the wind. Your feet should be apart more than usually when you stand freely. Your hands should be open stretched apart as if you wanted to expose maximum area of your body front to the wind and wanted to catch it.

Relax your body and psyche. Feel how the wind is blowing on your face and embracing you. Allow its energy to be absorbed and accumulated by your body. Feel how the wind energy is charging you. Keep like that until you feel satiated.

## RAIN

Rain life energy is refreshing. This feels like taking a shower which washes off the dirt from the body and psyche. This is what you can imagine while you are standing in the rain and absorbing its energy.

Stand freely with your feet separated larger than usually. Your hands are stretched far apart and you are facing the rain, therefore you are looking at the sky.

While standing in the rain, imagine that every droplet is charged with energy. Feel like every droplet falling on your body gives you its energy and thus charges your body. Also, feel that the water is washing away all your worries and thus you feel more and more happy.

This way of absorbing rain energy can also be done during the thunderstorm. However be aware that it may endanger your life, so you are taking a high risk. In order to avoid being hit by the lighting, you should be standing in a lowest place with is surrounded by object much higher than you, for example hills. Avoid standing close to trees.

If you do this exercise during the thunderstorm, you will feel much higher amount of energy. It feels as if you were absorbing the powerful energy of the thunders. You might feel the vibrations of the powerful light and sound waving though your body.

When you feel enough, go back to your shelter. I suggest that you do not dry your body with a towel and do not use hair dryer, let it dry naturally. If you feel cold, energize and warm up yourself with physical exercises. In fact, it may be a favorite moment to exercise the dynamic Inner Joy which is described in HFT1. Do that and I am sure that you will feel very energized and happy.

## SUN

Whenever Sun lights its rays on your skin, your body is absorbing energy sent by Sun. In order to properly absorb this energy, man must expose their entire skin to sunlight. In fact, sunlight is highly energizing food for the human body.

Like in case of any food, nourishing your skin with sunlight for too long is harmful and burns it. If your skin is not accustomed for daily sunlight exposure, you need to start from no longer than a dozen minutes for the first exercise, then gradually extend exercising time. This exercise is not about skin tanning.

Find a sunny place. Stand freely, naked and barefoot on the earth or a rock. Naturally relax your body and psyche. Close your eyes and turn your face to Sun. Focus on feeling how the sun rays falling on your skin make it warm and cause energetic sensations.

Start turning yourself very slowly so that the sun rays can reach your skin directly from all sides. You should easily feel how your entire body is filling with energy.

Next, imagine and feel how your skin became transparent, so that the sun rays pass through it and enter deeper into your body, reaching all the organs and powering them.

## SUN GAZING

Sun gazing is an ancient method of nourishing the body with sunlight directly falling into the eyes. The sunlight is absorbed by the retinas. This increases current transmitted deeply into the region of pineal and pituitary glands. This exercise energizes especially the nerve and endocrine systems, this makes man feel full of life energy.

Based on my experience, I am describing sun gazing mostly according to what Hira Ratan Manek was teaching. He is famous for popularizing this ancient technique. You can find his and similar web sites on Internet.

A few minutes before the sunrise, stand barefoot on the earth and look at the place where Sun is going to rise. Gaze Sun from the first rays until it entirely emerges from behind the horizon, then stop. This short time in the first day, no longer.

Next day repeat this procedure but add ten seconds to your gazing time. In the third morning, repeat this procedure but add another ten seconds. In summary, you have extended your gazing time by twenty seconds.

Continue like this daily, adding ten more seconds every day. If you gaze Sun every day, you will be able to gaze for over nine hundred seconds (fifteen minutes) after three months.

The longer you practice this exercise, the more energized and healthier your body becomes. According to what Hira Ratan Manek said, after about seven months of daily gazing, all your diseases should be gone; after nine months, your body should be energized so deeply that it will not feel hunger. Therefore you may be able to live without consuming any food, you may become an inediate.

Hira recommends not to extend the maximum time allowed for sun gazing beyond forty four minutes. He also advises to gaze only at the sunrise or sunset, never in the day because it may hurt your retinas.

Based on my experience, I advise you **not** to increase the gazing time too quickly. I did this mistake. When I was at the stage of sun gazing for ten minutes, I increased to fifteen minutes in the next day. That caused unpleasant burning in my eyes during the sun gazing. Later I noticed that there were two round spots in my vision, which had not disappeared after the extended sun gazing that day. Too late, my retinas were burned. It took me about one year to recover my eyes back to the healthy vision.

## OCEAN

The organism consisting of the world oceans is supporting life of innumerable beings, that is why it is regarded as one of main sources of life on Earth. Obviously, oceans are almost nondepletable source of life energy.

You can feel that this energy can be very different depending on location and behavior of water. How do you feel when you sit on the beach of a very serene ocean? Compare it to what you feel while sitting in a place where waves are dashing against the rocks, creating high bursts of bubbling water.

The more violent is the ocean water, the more energetic is that place. When you choose such a place for exercising, be very careful because it may be endangering your life. Take care of your safety first.

While you practice absorbing life energy of the ocean in a place like that, you can really experience strong sensation of energy passing throughout your body.

It is the same procedure regardless of where you chose to exercise. You can stand, sit or lie down; just find your most convenient place to exercise, then choose your desired posture.

Release all unnecessary tensions in your body, also relax your psyche. Focus on what your body feels and how this feeling changes with the activity of the ocean. When the water is peaceful, you probably will feel stable flow of ocean life energy. When the waves are forcibly dashing against the rocks (as on the photo below), you will probably feel that the life energy flow through your body is dynamically changing with every smash of the water. You can feel frighten sometimes.



**THE MORE DANGEROUS IS A PLACE IN NATURE,  
THE MORE ENERGIZING IT CAN BE FOR MAN.**

Open yourself to energy of the ocean, so that you can fully absorb it. You may find it easy with the serene ocean. However, wild ocean

throwing waves against you may create a challenge for you. Nevertheless, position yourself safely and exercise. You will benefit a lot from the ocean charging you with its life energy.

There is a different exercise to absorb energy of ocean. To do it you need to stand or half lie in the water, with your body submerged till the neck. The waves should not disturb your breathing or vision. If the waves are higher, stand in shallower water.



Focus on what your body feels while it is submerged in the water that is the body of the huge ocean. Feel also how the ocean water is caressing your skin. Feel how life of the ocean pulsates with every movement of the water. Allow your body to absorb these pulsating waves of ocean energy. Feel like your body, consisting mostly of water, become united with the ocean. Enjoy this deep union.



Another exercise, which you can do for absorbing energy of ocean, is performed in floating position. This can be done in a serene water of very low wave amplitude. Try, when you are semi-lying on/in the water, if you can freely float in it. If yes, then proceed with the same procedure.

## LAKE

To absorb energy from a lake, you can exercise in the same way as you do with the ocean. There is a significant difference between feeling lakes and the ocean. Do the body floating if the water is serene.



## RIVER

There are two distinctive places in rivers. One is a bay situated far from the current, where the water seems not to move much, like in a lake. The other is the current in the middle of the river, the place of the most rapidly flowing water.

Exercising in a bay of a river is very similar to doing this in a lake, so you can use the same procedures.

Exercising in the river current is a different matter because you first need to plan and check where the current will carry you. Also make sure that you will be safe while the current is moving your body, it may be much faster than you supposed.

When you decide to exercise in the river current, you can either let the river carry you along, or you can use a rope or other object to fix you in one place. If you fix yourself in one place, by whatever means it be, make sure that you can safely and easily detach your body.

On the other hand, if the current is sufficiently slow and the river is shallow, you can stand or sit on its bed and exercise. Enjoy the water, feel how it is caressing your body and energizing it.

Whichever place of the river it is, you can exercise following the descriptions in “ocean”, or you can modify them. For example, when you are in the middle of the river, let your body float and be carried away. Keep your eyes open, look at the sky and feel how you become united with the river. While being carried by the flowing water, feel the life energy of the river and allow your body to absorb it, to be charged by the water current.

## **STREAM**

The stream is also a small river, usually shallow, but its water is flowing fast. It may be dangerous to allow the stream to carry your floating body, especially if there are rocks over there.

Sit, stand or even lie down in the stream allowing the water to flow around your body. Make sure that the fast flowing water will not carry you away. When you are in a stable position, relax.

Close your eyes and relax your body and psyche. Feel how the energetically flowing water is massaging your body. Imagine and feel how you are absorbing the energy of this stream.



## **WATERFALL**

Waterfall is a specific, very energetic place of a stream or river, which can be used to efficiently energize the human body. While you do the following energizing exercise, you also cure your body and psyche.

Find a place where you can safely stand or sit under the waterfall. You should face the inner side of the waterfall, it is probably a rock. In this position, most waterfalls allow you to breathe while the water is falling on your head and shoulders.

What follows now is the key of this exercise. Shout crazily as loudly as you can. Make sure the you use your entire strength to shout. If you do, you will achieve the best result. Continue shouting like crazy until you naturally start to cry or feel that it is enough because you are exhausted.



While shouting, you may suddenly feel like crying. Please, do cry freely, loudly and sincerely without the slightest hesitation. Do not try to control how you cry, do it naturally even if you look like a mad man. This is OK, because you are exercising something very beneficial which regenerates your psyche. Cry as long as you feel to, do not force yourself to stop, continue until you do not feel like crying any longer.

Then relax and stay in silence. Feel that the falling water energizes your body and pacifies your psyche. Be open to energy of the waterfall and allow it to regenerate your body. At the end of this exercise, you may feel as if you were reborn.

## ANIMALS

Be aware that drawing life energy from animals will weaken or even kill them. If you feel that you need this type of life energy, choose rather a big animal. Among home animals, choose those who stay on the field most of their life and eat natural food, for example cows or horses.



Before absorbing life energy of an animal, make sure that it does agree. If the animal is peaceful with you, you can start by first caressing it. Then embrace it and talk to it with love. Ask for permission and feel whether the animal is willing to give you its own life energy. Use known to you methods of drawing life energy, for example, the one described above in the chapter “tree”.

It may be difficult for you to find a wild animal living naturally and willing to give you its life energy. Rarely a wild animal will come to you voluntarily. When you sit peacefully in nature, a healthy wild animal

may approach you and touch your body or even rest at your feet. This animal may be giving itself to you to eat it or to draw its life energy. If the animal is standing and touching you, or maybe licking you, it is probably healing your body, so stay peaceful. Open yourself for the healing and enjoy it.

If the animal is lying very close to you, you can put your hands on its body. If the animal is big, you can also embrace it and put your head on its body. Listen to its heart and feel like the life energy is transmitted to you. To amplify the transmission, imagine that you your body sucks the animal life energy. Stop when you have enough or when you feel that the animal wants to stop.

## MOON



Normally, the moon emanates energy which is not beneficial for man, therefore looking at it may be harmful, especially during the full moon



night. If one day, which is quite unlikely, you will need energy from the moon, you can draw it while facing the light at night.

Stand or sit freely and relax your body and psyche. Close your eyes and turn your face to the moon. Relax deeper and feel how the light of the moon falls on your face. Let the skin of your face absorb this light.

Open your eyes and gaze the moon. Now its light energy enters your brain and it influences the pineal and pituitary glands. Feel how you are absorbing energy of the moon light through the eyes. How does this influence your body and spirit.

You can also extend your hands and let the palms face the moon. Imagine how they are drawing energy of the light into your body.

## **TREE EXERCISE**



This exercise is described in “tree exercise” chapter in HFT1, please reread and then practice it regularly. By sufficiently practicing this simple exercise, you efficiently energize your body and make it like a strong a tree. When you keep your body energized in this way, you make it resistant against diseases and also expand its lifespan.

## **INNER JOY EXERCISE**

Look for “inner joy” chapter in HFT1. I suggest that you practice the passive and dynamic versions of this exercise. This is another natural activity which looks like a children play but when you regularly practice Inner Joy, you may achieve miraculous results, beyond your imagination. Sense this powerful life energy which can make you fly.





“Mastering Inner Joy allows man to keep their body in perfect health eternally. When you allow the source of life to emanate sufficiently, you are joyful and happy. In this highly energized state, you can kill or heal others just by touching them. While being so energized, your body does not need to consume anything to function perfectly.” This exercise is a key to physical immortality.

## **FIERCE CHILD**

This is an outstanding exercise. On the one hand, it strongly unites you with nature; on the other hand, it deeply cures your psyche.

Nature is your mother, you are her child. When a child struggles long to achieve something but do not succeed, they might experience psychic crisis. This make them explode emotionally and thus act fiercely

sometimes. Mother nature allows such behavior when it is necessary for restoration of full power of the nerve system.

The society created by people, with its moral rules, normally does not allow fierce behavior, therefore people strangle with their emotional issues within themselves. This leads to accumulation of unexpressed emotions which causes psychic problems which latter harm the body physically.

This exercise allows you to get rid of the inner emotional issues, while you allow natural behavior of the fierce child. Yes, there is a child hidden deeply within man of the society, a suffering child who needs cure in the bosom of mother nature. If you allow your inner child to cure, you will feel as if you were reborn and reunited with nature, after the exercise.

Depending on your character and on what psychic issues you have hidden within yourself, the performance of this exercise may cause more or less fierce behavior.

During this exercise, allow yourself to behave entirely free. This means that you can do whatever you feel or wish to, there is no line. But there is one exception, you cannot harm yourself or others. This is important because you want to cure, not harm yourself.

A place in the forest is suitable for this exercise. Clean this place from any objects that may harm you if you stumble on them, for example sharp stones or thorns.

Stand freely. Start breathing deeply and quickly through your mouth, so that you over oxygenate your blood. After a dozen or more of seconds, you may feel little dizziness. Then, fall on your knees and then fall softly on your belly. Lay your face on the earth.

Extend your hands and embrace Mother Earth. Say loudly something like: “Mother, I am your child. Unite with me and cure me fully.” Feel, feel how Mother Earth is emanating her Love to you.

While still facing the earth, emit a deep sound originating from within your belly, through your open mouth, directed to the ground. Do it loudly many times until you feel emotions arise, then let the emotions rule you. Yes, release any behavioral control over you and allow the emotions fully rule you. Feel entirely free without any self-judgment.

To help yourself, you can say loudly or shout a few times something like: “Mother, I am united with you and I fully allow all my problems to come out and I let you cure me and clean me of any issues.”

Fully open yourself to any feelings and emotions that want to emerge. Let them out without controlling yourself. Your behavior is now fully ruled by your emotions, as if you were an animal without any intellect. If you feel like crying – do cry madly. If you feel like laughing, do laugh like a crazy man. If you feel like shouting, do shout loudly like you never did in your entire life. If you feel like calling names, do that without any hesitations. If you feel like beating earth with your hands or head, do but do not hurt yourself too much. If you feel like ... yes, do that without hesitation and without self-control.



And so on. Allow yourself to be fully ruled by emerging feelings and emotions. The less self-control, the better the result will be. Remember, there is one exception, do not hurt yourself or others.

Continue until you are exhausted and you do not feel like proceeding any longer. Then lie down on your back, side or your belly, relax and rest. If there is a lake or river, you can wash yourself in it. Then, rest or even sleep to regenerate yourself.

If other people look at you while you are exercising, they may be frightened and may call an ambulance or police. Make sure that nobody can see you unless they are your friends taking care of you.

This exercise will make you feel like reborn from Mother Earth. You should feel deeply refreshed and well united with nature, after the exercise. Look, everything looks different now. You can repeat it as many times as you feel you need it.

# PLANT REMEDIES

Restoring your life, in other words, revitalizing and regenerating your body and psyche, can be done fully only in nature. Man is an inseparable part of nature, this means that nature is the main body and man is its cell. A cell cannot function properly without any support of the main body, in fact, it cannot survive long because the main body is the main life source of that cell.

In previous chapters, I wrote about two necessary conditions that man must fulfill in order to revitalize the body and psyche. They are mutual communication with nature and absorption of life energy. For the first one, you learned to perceive and transmit messages between nature elements and you. The second one, you practiced drawing life energy from some elements of nature into your body.

These are two basic skills for natural living in accordance with the law of nature and for remaining healthy. I suggest that by practicing regularly the exercises described in this book, incorporate them as ordinary activities in your life.

Later, you might want to take the next step in order to even closer unite yourself with nature. You may want to know the true spirit of nature. This will allow you to dive into your psyche and further understand your life. This kind of deep understanding of yourself goes beyond ability of ordinary intellectual explanation, therefore this cannot be understood without your own deep experience. This way guides you to true understanding of IAM and to enlightenment.

Nature provides man with every thing that they really need. When man needs to fully restore their physical and psychical structures, man can use natural remedies found in nature. In this book, you have learned

about some simple, basic remedies of nature. That is the beginning on your way of conscious self-growth. Now you can go deeper to so-called advanced level. To be clearer, there is no “advanced level”, there are weaker or stronger connections with nature.

Man can choose from many different methods to be better connected with nature. Some of the most efficient methods include using plants. These plants can be applied during “plant medicine” or “shamanic” ceremonies.

This kind of ceremonies have been performed by some teachers of nature for millennia. These teachers were given many different titles depending on where and how they performed the ceremonies. Some popular titles include: “plant doctor”, “plant healer”, “natural healer”, “shaman”, “curandero”, “taita” and “medicine man”.



Those healers and teachers are extraordinary efficient in helping people to get rid of their psycho-physical diseases, compared to so-called “official medicine”. To achieve such wonderful cure results, they use so-called “sacred plants”, among other remedies of nature.

These plants are eaten directly or are applied in form of a brew, powder or smoke. The activities of this type are known as “shamanic healing”, “sacred ceremony”, “plant psychic session”, “initiation”, “jungle medicine ceremony” or any of many other different names.

In my advanced seminars, which I conduct in South America, we use powerful remedies from nature, including plants, during our ceremonies. The participants must learn a lot in order to prepare themselves properly for the ceremonies. I insist that the participants of my seminars first learn how to use the powerful remedies of nature properly, so that they are used safely and produce desired beneficial results.

We use mainly ayahuasca and huachuma in my advanced nature seminars. According to my experience and the practice of South American shamans and *curanderos*, those two natural remedies of nature, when applied properly, work very efficiently in producing beneficial results.

For me, there is nothing to wonder. I have been sharing my knowledge and information for many years. Those who apply this information, connect with nature much deeper. That is one of main reasons, why during ceremonies, their body and psyche are cured deeply; this would be very difficult to achieve by non-natural means.

There is much learning and practicing for those who decide to use these two powerful nature remedies properly and safely. Beside that, the ceremonies occur in specially selected safe environment of nature. Describing them in detail, would require from me to write another book, but that would also be not enough. One day you may decide to study

and benefit in my advanced seminar about using powerful remedies of nature. Welcome.

## WARNING

There are hundreds of places where ayahuasca or huachuma ceremonies are offered to everybody who pays the fee. I call those places “tourist ayahuasca” or “ayahuasca business” because the main purpose of the organizers is to make money.

Be warned that ayahuasca and huachuma are powerful tools, they can be used to both cure or harm you. I have seen harmful results in some participants of ceremonies conducted by “shamans” who did not know enough about proper use of these natural remedies. The ceremonies conducted by those “shamans” were more like a show. There is no need for a show, instead, science, especially psychology should be properly applied.

Be also warned that ayahuasca and huachuma ceremonies should be conducted only in places where the respective plants grow. I advise you not to risk participating in ceremonies conducted in places outside South America. There are three reasons, why not.

1. In most countries, ayahuasca and huachuma are classified as illegal drugs, therefore the ceremonies include illegal activity.
2. Imported brews can be compared to imported fruits. You know that imported fruits have worse taste and much lower value compared to fruits consumed in place where they grow naturally.
3. According to my experience, ayahuasca and huachuma brews offered outside of South America are not always pure. In order to amplify so-called “drug trip” effect, sometimes hallucinogenic substances are added to the brew. In my opinion, if you drink that, you may have a strong trip but your health may be harmed, also your investment and time will be wasted.



Of course, there are also exceptions to my warnings, legal and beneficial ceremonies. However, it is up to you to decide whether you take the risk.

## **OTHER REMEDIES OF NATURE**

Ayahuasca and huachuma are just two examples of powerful natural remedies which are used for restoring life and also for removing diseases. Obviously, the unimaginable abundant nature provides many more plant derived remedies which influence the functions of your psyche and therefore help you to dive into yourself for conscious self-development and holistic cure.

In fact, plant derived natural remedies is a large, often very sophisticated and thus misunderstood and even banned subject. People behind most governments on Earth have imposed rules on man, which make it illegal to use these very efficient powerful remedies which nature have been offering to you since ever.

Writing a large book about the natural remedies of nature, would not be enough to explain this topic. To study and understand it well, you would have to practice with masters in this field. Look for them deeply in nature, if you will.

# TO CONTINUE

At the beginning of this book I advised you to “read parts 1 and 2 of “Humankind Fundamental Teachings” with deep attention”. One of the reasons is that there are more exercises described in these books, which are very important to practice in order to maintain your body and psyche in perfect condition. For example, if you do not practice the Inner Joy and visualization, you may be missing too much.

This book just touched the topic about returning to nature and living in accordance with its law. There is much, much more to learn, for example, how to survive and be self-sufficient in nature. People born and brought up in cities are usually unable to survive in the true, unspoiled nature, so they need to learn many skills as if they were starting new life.

For now, if you consider returning to nature, you can easily find tons of information about surviving in the new environment. I suggest that you do not wait for too long. Think about leaving the city and moving back to the source of life. Even if it will not be the true, unspoiled nature, going far away from a city, closer to natural living, will bring you much benefit and will protect your life.

You are the Master Creator of your life. You have the free will to chose what to do and how to live. Therefore, do chose how to create your life in order to experience this game in different ways.

Let us meet in “Questions and Answers”, part 4 of Humankind Fundamental Teachings.



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